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2019

Student Project: Exercise Prescription for Older Adults

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Recommended Citation

Chen, Zhaojing, "Student Project: Exercise Prescription for Older Adults" (2019). *Q2S Enhancing Pedagogy*. 27.

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Exercise Prescription for Older Adults Project

This group project includes two stages: first, conduct an interview of an older adult over the age of 65, and then write an Exercise Prescription for this individual which addresses the five categories of fitness. You will need to include a PAR-Q+ and health stratification questionnaire in your interview and incorporate fitness testing assessments and prescription practices discussed in class. In addition, it needs to explain why the exercises were selected, special considerations and barriers this client may face. Please be as thorough as possible when describing the recommended exercise prescription. In the end, each group will give a 10-12 minutes presentation to the class.

Stage 1: Data Collection (30 points)

Choose someone you feel comfortable speaking to who is over the age of 65 and request an interview with her/him. **Make sure to fill out a PAR-Q+, a health screening questionnaire and Fracture Risk Assessment Tool (FRAX)** (<https://www.sheffield.ac.uk/FRAX/index.aspx>). Using the questions provided find out about them and their physical activity habits. Ask any additional follow up questions your think may be necessary based on the answers they provided.

Write a brief summary of your interview findings. This should be about one paragraph that reflects over what you learned about this client and what information you will need to consider when making their exercise prescription.

1. Age
2. What is your current health status?
3. How do you feel physically now compared to 5, 10, 20 years ago?
4. Are you taking any prescribed medication regularly?
5. Do you currently exercise? If so, what do you do?
6. Do you have any concerns about exercise?
7. Do you take any supplements (vitamins, minerals, fish oil, etc.)?
8. You can ask any other questions you feel would be helpful.

For this stage, **you need to turn in:**

1. Your interview summary (15 points)
2. Par-Q+, health screening questionnaire, and FRAX (print out screenshot) (15 points)

Stage 2: Exercise Prescription (120 points)

Based on the information gathered in the interview, information presented in class and your knowledge from previous kinesiology course work and come up with an assessment plan and exercise plan that you would recommend to this person if she/he was your client. *You are not required to show the interviewee this program or implement it in any way it is purely hypothetical.*

1. Select appropriate assessments for your client based on their current health status. You must select **at least 3 at the minimum**. Make sure to describe the assessments in depth including directions and how results are measured in your presentation. (20 points)
2. Select a cardiovascular program appropriate for your client. Use the FITT-VP acronym in your recommendation. Select resistance training program, make an educated guess on what

weight/reps/sets you would place this client at. Select at least 2 balance and flexibility exercises. Include how you would progress in each program. (30 points)

- For the healthy client, address motivation and nutrition strategies
 - For client with special issues and concerns, address exercise guidelines and contraindications to exercise
3. Organize all of this information into a chart or easy to follow table that includes all necessary components including exercise descriptions and progressions. Create a sample day and week workout plan including warm-up and cool down exercises. (20 points)

Presentation Length: 10-12 minutes

In the presentation, briefly introduce your interviewee's health information, explain why the exercise and assessment choices were made based on your interviewee's health status and physical activity level. Be sure to explain any special considerations or contraindications that applied to this specific individual. ***You need to turn in your PowerPoint on Blackboard, prior to class on the first day of presentation (see class schedule).*** (30 points)

Grading Rubric

Complete the Interview	30 points
Exercise Assessment	20 points
Exercise Prescription	50 points
Presentation Delivery	30 points
<u>Peer Evaluation</u>	<u>20 points</u>
Total	150 points